



Annual Report 2021



Chair Report

Laura Carter



The Covid-19 Pandemic continued to influence and impact Hastings Thrives work for most of the year, despite the country beginning to open up again.

We were fortunate to remain financially stable during the period.

We delivered new teacher training in science to 6 primary schools and have established a support network. Our parenting course with Changing Chances and The Baird was delayed until September and Covid impacted delivery, but was still a success. We continued to work with schools and partner with other organisations for delivery, particularly with the Holiday and Food Activity sessions. Our songwriting sessions were delivered online for the most part, although we did manage some in-person sessions in the summer. We joined in A Town Explores A Book with some Nonsense Songs based around Edward Lear's work, which engaged and inspired so many children.

Despite Covid, we reached over 500 young people, developed over 100 young people through musical theatre and songwriting, and affected over 20 young people indirectly through parent training in neurodiversity and empowerment. Some of the stories are truly inspiring, particularly with neurodiverse, shy, anxious and disabled young women finding their confidence to perform and grow.

Here we see the lasting impact of our work. Training done in late Autumn 2020 was still impacting children in 2021.

“My class absolutely loved the song writing sessions! We really enjoyed the training, both as a class and as teachers (myself and my TA). Ed was brilliant and made sure that everyone could get involved - encouraging scribes etc. to support and model for other children in the group. All children could access all activities and it really encouraged their creativity. Since the workshop, we have seen a real increase in interest towards song writing and poetry which has been lovely to see!”



Science Teacher Training

Science Teacher Training was carried out by specialist Jacky Cross with 6 Primary Schools - Ark Castledown, Churchwood, Dudley Infants, Robsack Wood, Silverdale and West St Leonards. Science is a great way of engaging young people's curiosity and is inextricably linked with the arts through good observation skills. Silverdale and Robsack Wood are working towards a science teaching quality mark and a network has been set up to support primary science teachers.

The parenting programme ran at The Baird - see below - looked at how the brain works and the chemistry involved.

Empowered Parents

After many delays due to Covid, we managed to run an empowered parenting course at The Baird with Kit Messenger from Changing Chances and supported by Comic Relief. 13 parents attended and one staff member received training, so The Baird could continue training both staff and parents with its inclusive empowerment approach. Parents learnt how the brain works and how to empower themselves and their children.

In addition parents noted how the course has helped them better recognise their own well-being and use the models to help plan their own needs better.

Training the Trainer

"It really helped me to understand the structure of the training, and how each unit built on knowledge learned previously."

"I have gained a greater understanding of the needs and challenges facing parents and felt a much greater confidence in building a rapport with them in order to offer support."

"We always make time for oxytocin cuddles now. It has meant they don't try and get my attention in bad ways."

"I used to just take away the xbox before this course, but it never worked. Now I talk to them about the problem."

"Shall we have a Cuddle
so we both get oxytocin?"
"I noticed you were really kind.
How did that make you feel?
You made ~~oxy~~ oxytocin for you
and them!"
"You've helped out ... doesn't
it make you feel good when
you feel important!? You're
releasing serotonin!"
"When we have fun together
we make endorphins!"
"Fantastic! You've managed it! Your
~~body~~ brain has made dopamine
because you feel proud."

"I always thought he was just being naughty and it really helps to know it's not all his fault'

"I now think about what is making them feel bad and we work it out together."



MUSICAL THEATRE

Suzie Dunster and Becky Knight continued to successfully lead our Musical Theatre courses, during Easter, Summer and Christmas. These were part of East Sussex County Council's Holiday and Food Activities government fund and hosted at The St Leonards Academy and St Richard's Catholic College.

Courses start with Becky leading dance, as an effective way to engage young people together and build confidence, before moving onto acting and public speaking. Not only is the course fun, but it is incredible how many young people grow in confidence, with a reduction in anxiety, stammering, and increased physicality with disabilities.

For instance, one girl with an EHCP for processing and anxiety was unable to complete the first day and left early, however she returned and completed the course with great enthusiasm!

"This has been the best experience for her, she was so nervous about coming here in September but this has really alleviated a lot of her worries about secondary school."

"A brilliant way of engaging students which allowed them to explore their creative side. Students socialised brilliantly – and for our students to come out of their shells in such a short space of time was brilliant to see. There were students who would not normally engage and try out new things who got involved and thoroughly enjoyed themselves."

Billy Thompson – Assistant Head of Arts Faculty and Enrichment Coordinator at St Leonards Academy:

"I can't believe how much she has done! As a wheelchair user most of the time, she has really pushed herself and loved every minute."

*"Thank you so much for having M** this week, He's really enjoyed it. It's been good for him to be seen in a positive light for a change!"*

"She has never even spoken in front of an audience before. Let alone sung and danced! Well done and thank you."





SongSeeds

SongSeeds is our project aimed at developing the confidence, literacy and musical abilities of young people through songwriting. Building on Hastings Thrives' existing work in this area with schools and in the community, we specialise in collaborative and inclusive work, as well as supporting individuals to grow and develop.

Collaborative songwriting improves verbal and creative skills, while building friendships. Teamwork is so important in life: no person is an island and our projects are fully inclusive.

SongSeeds has affected over 200 local children, giving them the opportunity, inspiration, support, and encouragement to write songs. According to feedback we have:

- helped build friendships
- enabled children to feel included
- increased a sense of pride
- provided opportunities to learn and develop new skills
- increased co-operation and collaboration.

Songs sit in a unique part of the memory, one which is less likely to succumb to the ageing process, so songwriting is effectively a gift for life.

"I'm generally not a social person, I don't have many friends, so it's just nice to maybe connect with people a bit through these courses. I think it's actually improved my social-ness, if that makes sense! I've always just been absolutely rubbish at socialising, and I think that now I'm able to read out my songs in front of people – if I didn't take these courses, I'd be terrified of that!"

"For English it made me improve the structure."

"I continued with the courses because I just really enjoyed them and had fun, and because I made a lot of friends there - it was great sharing and discussing ideas with each other. There were also so many wonderful opportunities that came from the courses, such as performances and competitions - I especially enjoyed my first-ever time in a recording studio, professionally recording my songs!!"



Playing at BADGER INC

Wed 7 April: all day • Thurs 8 & 15 April: 3-4pm



LIVE broadcast on ISOLATION STATION HASTINGS
Thu 8 April at 7pm - with exclusive performance by Eve Simmonds

Part of ATownExploresABook21 - exploring Edward Lear's 1871 anthology *Nonsense Songs, Stories, Botany and Alphabets...*
Songs created by local young people from Silverdale Primary Academy and Christ Church CofE Primary Academy
PLUS: Twinkle Ansar, Shannon Baverstock, Maia Doye, Clara Patroa Lomba, Ted McIntosh, Marina Rolfe, Eve Simmonds and Stan Thornton with course leader Anna Page



aTown explores a book



Hastings Thrives Reg Charity No 1170342

YOUTH MUSIC



Supported using public funding by
ARTS COUNCIL ENGLAND



Creating Imaginary Nonsense Gardens

Hastings Thrives, an organisation that works with young people in Hastings to overcome barriers to learning and celebrate their achievements, has been inviting children to re-imagine their gardens with drawings and songs.

You won't be able to buy these plants in the shops, but they might tickle your imagination and lodge in your head. That's because Silverdale Primary Academy and Christ Church Primary Academy have been exploring drawing and writing Nonsense Songs based on imagination and gardens as part of SongSeeds afterschool songwriting club and half-term bootcamp in collaboration with A Town Explores A Book 2021 festival.

Perhaps you'll find the smilillium or hugolia tree - while you must know that the penatroska is a squaska - but we hope you haven't put the candyfloss dragon next to the hot dog crocodiles, as they don't get on.

Edward Lear wrote many songs which have been lost in time. "Hastings is the perfect place to re-imagine those songs," says, Jenny Lozano, Project Manager for Hastings Thrives. Creating songs with children is a major part of the work done by Hastings Thrives. "We particularly like to work with

collaborative songs, which are inclusive and build so many skills and friendships: they set children up for how to work together in imaginative and creative ways," says Jenny.

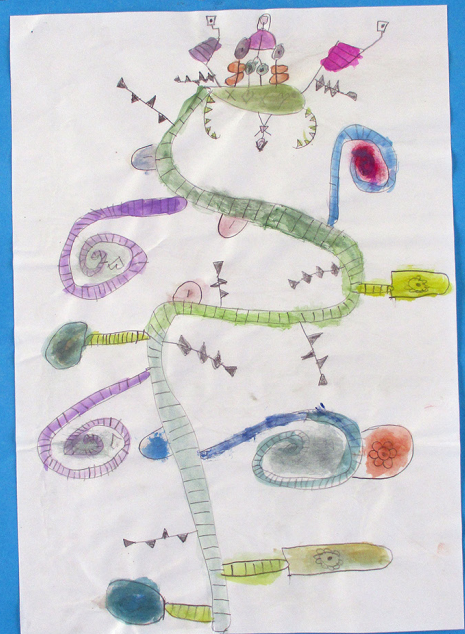
And you can now watch some of the results: if you missed the 8th April performance on Isolation Station, catch up on www.facebook.com/isolation.station. Hastings/videos/937270627020474. The show is hosted by Lily Kim, featuring Andrew Mersh from Silverdale Primary Academy, Claire Burford from Christ Church CE Primary Academy, Course Leader Anna Page and songs from Twinkle Ansar, Sharon Baverstock, Maia Doye, Clara Patroa Lomba, Ted McIntosh, Marina Rolfe, Eve Simmonds and Stan Thornton.

Jenny would like to thank everyone for the support, including Badger Inc, and SongSeeds funders Youth Music Charity with Arts England, Hastings Borough Council, Hastings Lions, Hastings Opportunity Area and the Co-op Community Fund.

■ For more information on the project visit hastingsthrives.org/songseeds/nonsense-gardens



RUBYXUCUM



Rubyxucum

A fabulous house plant! The Rubyxucum lives in your house and comes out when you are happy. If you are feeling nervous, it gives you a squeeze to make you feel better. It likes dark spaces and often hides under your bed during the day as it comes out at night. It protects you from bad guys and eats them, which actually makes it stronger and taller! They have very sharp thorns and can grow up to 100m!



NONSENSE GARDENS & SEA OF DREAMS

SHOW TIME

ISOLATION STATION HASTINGS

Live streaming from Facebook Thursday 8 April, 7pm - 8.20pm

HOST: Lily Kim

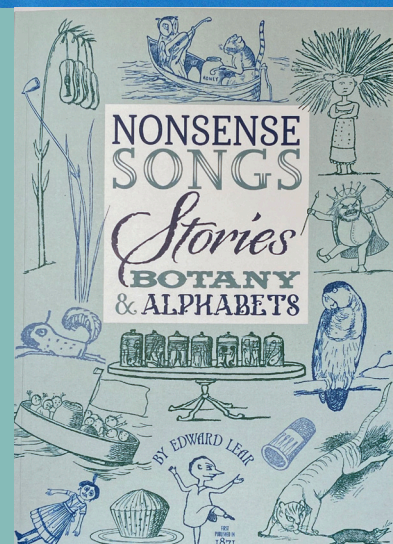
Mr Mersh - Silverdale Primary Academy
Ms Burford - Christ Church Primary Academy
Anna Page - Songwriter and Courses Lead
Twinkle Ansar - Deep Waters
Maia Doye - Sailor in a Paper Boat
Shannon Baverstock - Floating Through Time
Ted McIntosh - The Domino Effect
Clara Patroa Lomba (Live from Badger Inc) Robot Campaign
Marina Rolfe - Waterfall of Thought
Stan Thornton - Trip To Dreamworld
Eve Simmonds - (Live from Badger Inc) Robot Kid



Collaborators



Hastings Thrives Charity projects funded by



Nonsense Gardens

A Town Explores A Book

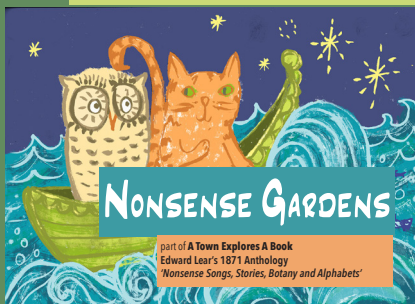
Edward Lear's 1871 Anthology, *Nonsense Songs, Stories, Botany and Alphabets*

Edward Lear wrote many songs, most of which unfortunately have been lost over time. We joined with the amazing Explore The Arch project A Town Explores A Book - to create songs inspired by his poems, songs and illustrations.

Our SongSeeds after-school songwriting club and half-term bootcamp both used Lear as a springboard for their Nonsense Gardens and Sea Of Dreams themed individual and group songs.

Silverdale and Christ Church Primary Academies explored drawing and writing songs based on imagination and Lear's nonsense botany to create quirky and fun collaborative songs.

Isolation Station Hastings and Tree Tunnel Film and Animation worked with the two schools to produce films for their songs and Jenny Lozano produced a film of the collaborative after-school club song, *The Creatures I Keep Inside*.



WOW! WOW! WOW!

Well Done Christ Church Ruby Class

You wrote some brilliant songs which we are sure
Edward Lear would have loved and
been very proud of.
We adored the incredible video!

Thank you so much for making us smile with:

The Daddy Plong Legs
The Forkalla
The Key Bird
The Octopussy
The Penatroska



Reg Charity No 1170342



A sample certificate

This collaborative song was recorded in YiaYia's Recording Studio. It was the first time most of them had been in a recording studio. One young person initially signed up to write poems, and so was surprised to find himself later singing in a recording studio! Another exclaimed, *It's the best day of my life!* The group was an inclusive mix of young people.

We are very grateful to Isolation Station Hastings, Badger Inc and Lily Kim for a fantastic online event celebrating everyone's efforts, which was watched live online by over 1,000 people.

soundcloud.com/hastings-thrives/sets/nonsense-gardens
soundcloud.com/hastings-thrives/sets/christ-church-nonsense-gardens
youtu.be/yvuLI_kHCpM
youtu.be/bmFXpUjeZvw



Sea of Dreams

Sea Of Dreams was a weeklong intensive online course during the Spring half term of 2021. It followed on from discussions with the after-school Nonsense Gardens club, where the young people had explored Freud/Jung, the subconscious, and dreams as part of their wide-ranging exploration of nonsense and the absurd. Interestingly 2 independent songs *Robot Kid* by Eve Simmonds and *Robot Campaign* by Clara Lomba included reference to robots. Eve is now studying song writing at BMM in Brighton and her song was played on BBC Introducing and has even attracted interest from a Nashville producer!



soundcloud.com/hastings-thrives/sets/sea-of-dreams

Nature

This theme also grew out of the Nonsense Gardens course. It was inspired by the passion participants expressed for the environment, as well as their interest in local historian, singer, explorer, and artist Marianne North, who met Lear when he stayed with her family in Hastings.

With everyone's contribution the aim was to: improve visual awareness, observation and listening skills through nature • engage fully in our environment and to draw on it for inspiration • increase a sense of connectedness and wellbeing • increase complex thinking through a multi-faceted theme • allow access to science through the arts. • engage in local history through the life of Marianne North.

Things to consider were colours, texture, lines, movement, weather, sounds, effects, light, emotions, thoughts and responses.

Here is a blog written by
Twinkle Ansar on Marianne North
hastingsthrives.org/mariannes-world

Songwriting Competition

The Songwriting Competition was online again and used the Nature theme.

The Christ Church Primary group winners very excitedly experienced recording their song at a professional Recording Studio.

The older group winner was *Sidewalk*, a quirky song about a crab who craves city life, but after his adventures there decides he's better off by the sea, where he lived originally: *I decided to write a song that mentions animals because they are a big part of my life. I've travelled to exotic parts of the world, but I always love coming back to Hastings.*

The public vote went to a group song by The Hastings Academy about appreciating nature, called *Living In A Dream*.

Thanks very much to Judges Andy Fyfe and Ed Boxall and to the ForeShore Trust.

soundcloud.com/hastingsthrives/sets/nature
hastingsthrives.org/songseeds/nature
hastingsthrives.org/enrichment/songwriting-competition-2021



Beacon of Light

We ran a series of 5 workshops in the summer of 2021 in the beautiful setting of The Beacon in Hastings. Each session explored a different aspect of songwriting, utilising the skills of guest musicians who each had a variety of performance specialities, including songwriters, a storyteller, and an actress. This enabled a wide range of learning opportunities for everyone.

We also ran a series of workshops with storyteller Sarah Corrie aimed at writing stories and songs across generations in West Hill Community Centre.

At the end we joined the two projects in an evening performance at The Beacon. We created a supportive and safe performance space with family and friends invited to celebrate new beginnings and encourage young people, as they showcased the new songs and poems they had created. It was a fantastic evening!

SuperHeroes

We worked with SenSoftPlay (www.sensoftplay.co.uk) Saturday club to create a song about Superheroes. We used voice extracts to create a song, sharing information about digital songmaking. Thanks to Annie and Gaston for their excellent work. We hope to do more work with them in the future.

St Leonards Festival

We were very kindly given a slot by 18Hours for Twinkle Ansar to perform her song *Butterflies* at the St Leonards Festival in 2021.

<https://soundcloud.com/hastings-thrives/superheroes-song>
https://youtu.be/BmpZ_oD97Cg

FINANCES

This was a productive year for Hastings Thrives, running several projects and bringing outstanding ones to near conclusion. The country gradually opened up as the COVID-19 pandemic eased and we were able to start delayed projects. The Songwriting Competition at the White Rock was postponed again, continuing online. The Trustees remain the same, but we lost the very special songwriter Anna Page, for personal reasons and are very grateful to her wonderful work for Hastings Thrives.

Hastings Thrives started the year with an **opening balance of £18057.99** and finished the year with a **closing balance of £12885.80**, with a **total credit of £26846.36** and **total expenditure of £32018.55**. This reflected grant money being spent which was outstanding from the year before due to COVID. We were able to reduce admin costs and cover much of our costs through a small admin allowance within grant applications which covered any project overspend.

Income

The total income for the year was £26845.36. Due to COVID-19, the majority of this came from Grants representing:

- i) £2000 Comic Relief fund for parenting course at The Baird
- ii) £1800 Foreshore Trust for songwriting
- iii) £9940 for running holiday and food activities
- iv) £1600 Magdalen & Lasher Trust for SongSeeds.
- v) £1010 Hastings Opportunity Area songwriting
- vi) £6531 for the second part of Youth Music's Arts Council Fund for SongSeeds

We also received £3757.36 from the Co-op Community Fund

Expenditure

The total expenditure for the year was £32,018, with all of this, except for £245, made up of restricted income.

- i) £2400 parenting project at The Baird
- ii) £14,888 for songwriting
- iii) £10063 Holiday and Food Activities
- iv) £4342 Science Teacher Training and Network Project

Unrestricted expenditure

- i) Fundraising £160
- ii) Trustee expenses £84.75

Reserved Income

Grant Reserved Income £6004

Unreserved Income £6882

Assets

Hastings Thrives has no physical or financial assets.

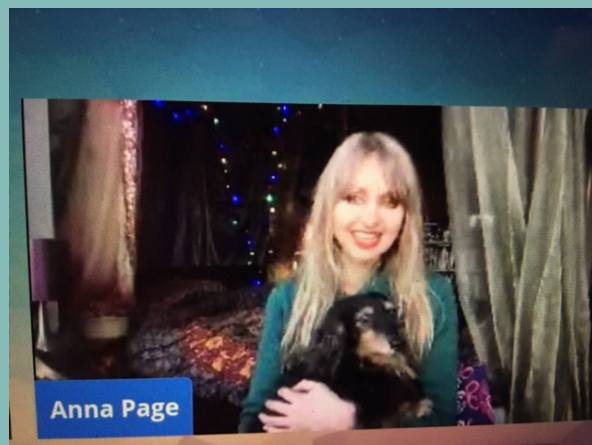
Jenny Lozano 1 June 2022



**ISOLATION
STATION
HASTINGS**



Badger Inc .



THANK YOU

We are very grateful for funding from Youth Music and Arts Council England, Co-op Community Fund, Hastings Opportunity Area, Hastings Borough Council, The Magdalen and Lasher Charity, The Foreshore Trust, Holiday and Food Activities, Comic Relief and the continued support of Hastings Lions.

We are very grateful to our Music Lead, Anna Page for her fantastic contribution. To Suzie Dunster and Becky Knight for their Musical Theatre expertise. To Ed Boxall for supporting Teacher Training, Annie and Gaston Goliath for working with SenSoftPlay and Sarah Corrie for working with families.

We are also grateful to the many people, schools, organisations and companies who helped to make everything happen: Kit Messenger, Kym East, Billy Thompson, Andrew Merish, Claire Burford, Roz, Sophie Ingram, Dee Kelvin, Georgia Burgess, Mandy Curtis, Lily Kym, Andy Fyfe, Gabby Farrow, Gail Barrow, Erica Smith, Johnny O'Sullivan and all the parents involved.

Silverdale Primary Academy, Christ Church CE Primary Academy, Guestling Bradshaw CE Primary, Robsack Wood Primary Academy, The Baird, The Hastings Academy, The St Leonard's Academy and St Richards Catholic College.

YiaYia's Recording Studio, A Town Explores A Book, Badger Inc, St Leonards Festival and Tree Tunnel Film and Animation.

hastingsthives.org





CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Hastings Thrives

No (if any)
1170342

Receipts and payments accounts

For the period from	Period start date 1/1/2021	To	Period end date 12/31/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Balance brought forward	3,162	14,896	-	18,058
Grants	3,757	19,604	-	23,361
Fundraising Events	-	-	-	-
Donation	150	-	-	150
Sponsorship	-	-	-	-
Fees	58	3,277	-	3,335
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	7,127	37,777	-	44,904
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	7,127	37,777	-	44,904
A3 Payments				
Cost of Charitable Activities		30,975	-	30,975
Governance including Trustee Expenses	85	-	-	85
Fundraising	160	-	-	160
Insurance		558	-	558
Bookkeeping and Accountancy	-	-	-	-
Marketing (website)		240	-	240
		-	-	-
	-	-	-	-
	-	-	-	-
Sub total	245	31,773	-	32,018
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	245	31,773	-	32,018
Net of receipts/(payments)	6,882	6,004	-	12,886
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	6,882	6,004	-	12,886

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds		-	-
		-	-
		-	-
	Total cash funds	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
			-
			-
			-
			-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)
			-
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	

CC16a



Last year
to the nearest £

16,054
16,779
-
1
-
180
-
-
33,014

-
-

33,014

13,195
77
160
778
426
480
-
-
14,956

-

14,956

18,058
-
-
18,058



**Endowment
funds**
to nearest £

-
-
-
-

OK

**Endowment
funds**
to nearest £

-
-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-
-
-
-
-

**When due
(optional)**

Date of
approval

(if any):
Address: 9 HARLEQUIN GARDENS
ST LEONARDS O/S
EAST SUSSEX, TN37 7PR

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A.

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/
members of

Charity Name: HASTINGS THRIVES

On accounts for the year
ended

31/12/2021

Charity no
(if any)

1170342

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

[Signature]

Date:

26/11/2022

Name:

MRS JOANNE LECC

Relevant professional
qualification(s) or body

MAAT